

Guilfous'



Family Recipes



## Tables of Measure

### Butter Measure:

$$16 \text{ tbsp} = 1 \text{ cup}$$

$$8 \text{ tbsp} = \frac{1}{2} \text{ cup}$$

$$5 \frac{1}{2} \text{ tbsp.} = \frac{1}{3} \text{ cup}$$

$$4 \text{ tbsp} = \frac{1}{4} \text{ cup}$$

### Liquid Measure:

$$2 \text{ tbsp} = 1 \text{ fluid ounces (oz)}$$

$$16 \text{ oz.} = 1 \text{ pint (pt)}$$

$$2 \text{ cups} = 1 \text{ pint (pt)}$$

$$2 \text{ pt.} = 1 \text{ quart (qt)}$$

$$4 \text{ qts.} = 1 \text{ gallon (gal)}$$

$$10 \text{ milliliters (ml)} = 1 \text{ centiliter (cl)}$$

$$10 \text{ cl.} = 1 \text{ deciliter (dl)}$$

$$10 \text{ dl} = 1 \text{ liter (l)}$$

$$1000 \text{ liters (l)} = 1 \text{ Kiloliter (kl)}$$

### Dry Measure:

$$2 \text{ pints (pt)} = 1 \text{ quart (qt)}$$

$$8 \text{ qt.} = 1 \text{ peck (pk)}$$

$$4 \text{ peck (pk)} = 1 \text{ bushel (bu)}$$

Weight:  $16 \text{ ounces (oz)} = 1 \text{ pound (lb)}$



## Mom's Roux

¼ cup All Purpose flour

¼ cup Coconut Oil (**OR** Olive Oil, **OR** Vegetable Oil)

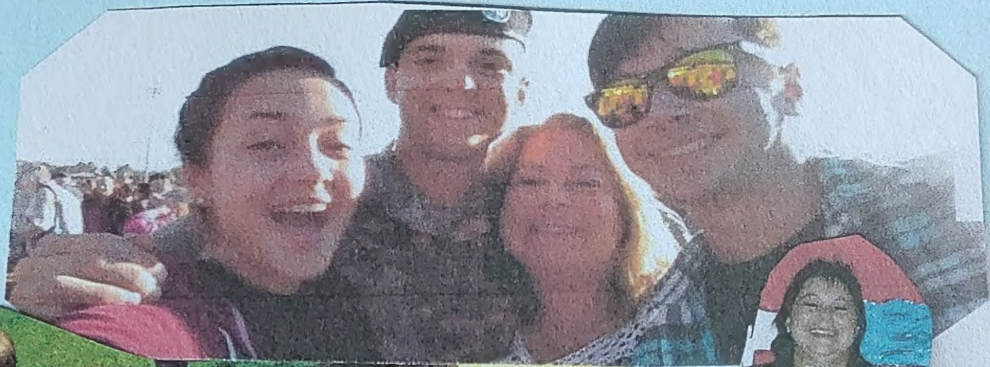
Mix together in pot (Black Iron or thick pot). STIR FREQUENTLY on med-high heat until brown. This process takes quite a while. As mixture begins to brown, you will need to stir almost constantly to keep from burning. Continue to stir until roux turns dark brown (for most dishes). Some dishes may require a lighter brown roux such as stews. Gumbo and jambalaya usually require a dark brown roux.

Once roux is the color you want, add onions, garlic, bell pepper, green onion, parsley, and whatever other vegetables you want to use to roux with a little water or broth to keep from sticking. Cook until tender and onions are nearly transparent.

Next, add whatever meat or seafood you desire.



# Appetizers





## Raising Cane's Cane Sauce

Makes 2-3 servings

### Ingredients

1/2 cup mayonnaise

1/4 cup ketchup

1/2 teaspoon garlic salt

1/4 teaspoon Worcestershire sauce

1/2 teaspoon black pepper, to taste

### Instructions

Combine all ingredients, mix well. Add additional pepper if desired.

You can serve immediately, but it will taste better if the flavors are given the chance to "meld" in the fridge for a few hours (or days) before serving.



## Mom's Deviled Eggs

18 large eggs

8-10 slices of bacon (I use Wright brand of bacon)

Miracle Whip to taste (about 5 tablespoons)

Sweet Relish to taste

Place eggs in pot, cover with water and bring to a boil. Boil for about 7-8 mins. Remove from heat, drain hot water and cover with cool water. Once cooled down to warm-NOT cold-peel eggs and slice them. Set the yolks in a bowl, and each egg half on a serving dish.

Fry the bacon until crisp so you can crumble it. Once it's cooked and cool, crumble it and add to the egg yolks. Add enough Miracle Whip to stir and moisten the egg yolks and bacon. Add about a tablespoon or 2 of sweet relish and mix well.

Add enough egg yolk mixture to each egg half to over stuff it. Make sure there is enough to fill each egg half. Refrigerate any left overs.



## Cheese and Meat Dip

This can be placed in a crock pot after meat has been browned and drained

2 lb. block original Velveeta Cheese

3 lbs. 80/20 ground beef

1 large can original flavor Rotel tomatoes

½ cup milk

{If more spice is desired, use Hot flavored Rotel or 1 pack McCormic Taco seasoning}

[Less spice: mild flavored Rotel OR 1 pack Lipton Onion Soup mix]

Brown ground beef until thoroughly cooked. Drain and add Rotel tomatoes, Velveeta cheese and mild. Melt down and blend on low heat until heated through OR add to crock pot on low until heated through.



## Stuffed Baked Tomatoes Recipe



I make this dish often - my family really likes it. Besides being flavorful, the tomatoes make a colorful, zesty addition to any dinner.



**TOTAL TIME:** Prep: 15 min. Bake: 30 min.

**YIELD:** 6 servings

### Ingredients

6 medium tomatoes

#### STUFFING:

1 cup garlic/cheese croutons, crushed

2 tablespoons grated Parmesan cheese

2 tablespoons grated American or cheddar cheese

4 tablespoons melted butter

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

Chopped fresh parsley for garnish

### Directions

1. Cut a thin slice off the top of each tomato. Scoop out pulp, leaving a 1/2-in. shell. Invert onto paper towels to drain. Mix stuffing ingredients. Spoon into tomatoes; sprinkle with parsley.
2. Place tomatoes in a baking dish; cover tomatoes with aluminum foil to prevent over-browning of stuffing. Bake at 350° for 30 minutes or cook on grill until done. **Yield:** 6 servings.

### Nutritional Facts

1 serving (1 each) equals 146 calories, 11 g fat (6 g saturated fat), 24 mg cholesterol, 434 mg sodium, 11 g carbohydrate, 2 g fiber, 3 g protein.

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## Shrimp Balls

2 pounds raw shrimp	2 med. Potatoes, quartered
2 med. Onions, quartered	2 tbsp. green onion tops
1 small bell pepper, quartered	2 tbsp. parsley
2 tbsp. celery, chopped	Salt and pepper to taste
2 eggs	2 tbsp. A-1 sauce
2 tbsp. Worcestershire sauce	¼ cup fish fry or plain flour

Grind shrimp, potatoes, onions, green onion tops, bell pepper, parsley, and celery. Mix well, add eggs, A-1 sauce, Worcestershire sauce and fish fry. Drop by teaspoonfuls into 2 inches of hot cooking oil. Cook until golden brown.

NOTE: If mixture sticks to spoon, dip spoon in cold water, thin in mixture. Serve hot.

Serves: 25 shrimp balls



## Louisiana Shrimp Balls

2 tbsp. butter or margarine	1/3 cup milk
2 tbsp. chopped parsley	½ tsp. salt
2 tbsp. chopped green onions	2 tbsp. flour
¼ tsp. hot pepper sauce	2 eggs
½ pound shrimp or crawfish (cooked, cleaned & finely chopped)	Oil (For deep frying)
	Bread crumbs

In a medium saucepan, melt butter and add parsley and green onions; cook for 1 minute. Blend in flour, stir in milk, salt and hot sauce; cook, stirring constantly until mixture thickens and comes to a boil. Remove from heat and stir in shrimp. Form balls using one tablespoon of mixture for each ball.

Beat eggs until well mixed; dip balls into bread crumbs, into eggs and then into bread crumbs again. Chill for 30 minutes.

Fill a large saucepan or deep fat fryer to mid-level with oil and heat to 350 degrees. Fry a few balls at a time until golden brown (2 to 3 minutes). Store shrimp balls in warm oven while frying remaining balls. Makes about two dozen.



# Breads





## Yummy Bread Pudding

9 slices white bread [can be slightly toasted in oven]

1  $\frac{1}{4}$  cups sugar

13 oz. can of evaporated milk

2 cups whole milk

1 tsp. vanilla

$\frac{1}{3}$  cup melted butter

2 eggs

Mix all ingredients and bake in 350 degree F oven for  $\frac{1}{2}$  hour. Reduce heat to 325 degrees F and bake 15-30 minutes longer.



## Red Lobster Cheddar Bay Biscuits

Makes about 18 biscuits

### Ingredients

2 cups all-purpose flour

1 Tbsp baking powder

1 Tbsp granulated sugar

1 Tbsp garlic powder

$\frac{3}{4}$  teaspoon kosher salt, divided

1  $\frac{1}{2}$  sticks ( $\frac{3}{4}$  cup) unsalted butter (divided)

1 cup whole milk

1 (8 oz) package shredded mild cheddar cheese

$\frac{1}{2}$  teaspoon dried parsley

### Instructions

Preheat oven to 450°F. Line a baking sheet with parchment paper. Add 1 stick ( $\frac{1}{2}$  cup) of butter to a small microwave safe mixing bowl. Microwave for 30 seconds or until butter is melted. Set aside.

In a large mixing bowl combine flour, baking powder, sugar, garlic and  $\frac{1}{2}$  tsp salt. Whisk until well combined. Add melted butter and milk and whisk just until flour is all wet, do not over mix. Add cheese and fold in with a spoon.

Drop heaping spoonfuls onto baking sheet. Bake for 10-12 minutes, until biscuits are golden brown.

Meanwhile melt remaining  $\frac{1}{2}$  stick ( $\frac{1}{4}$  cup) of butter in small mixing bowl. Microwave for 30 seconds or until butter is melted. Add  $\frac{1}{4}$  teaspoon salt and parsley. Stir with pastry brush.

Remove biscuits from oven, brush with melted butter mixture. Serve and enjoy!



## Corn Bread

1 box Jiffy corn bread mix: follow directions on box and bake in an iron skillet, pre-sprayed with Pam cooking spray

**OR**

1 cup corn meal

1 cup all purpose flour

$\frac{1}{4}$  -  $\frac{1}{2}$  cup sugar

4 teaspoons baking powder

$\frac{1}{2}$  teaspoon salt

1 cup milk

1 egg

$\frac{1}{4}$  cup butter or vegetable oil

Combine corn meal, flour, sugar, baking powder, and salt. Add milk, egg, butter. Beat until fairly smooth, about 1 mins. Bake in greased or sprayed 10 inch skillet (Black Iron) OR 8 inch square baking pan in preheated hot oven to 425F. Bake 20 - 25 mins. Or until top begins to brown. Makes about 9 servings



## Corn Bread Dressing

- 1 large can Chili--no beans
- 1 packet of Taco Seasoning
- 2 pounds of 80/20 ground beef
- 1 packet of 4 cheese or Mexican shredded cheese
- 2 boxes Jiffy corn bread mix

Mix corn bread according to instructions on Box. Set aside.

Brown ground beef, then drain. Add Taco seasoning and chili. Mix well, then heat to blend. Add to baking pan, then add cheese over the top. Add corn bread mix on top.

Bake at 350 degrees for about 20 mins. until corn bread starts to brown.





# Soups





## Norman's Vegetable Soup

Approximately 3 lbs. stew meat (can use small rump or shoulder roast and cut it up into cubes-you want some fat on the meat for flavor, but not overly fat)

1 large or 2 medium yellow onions (cut up into small pieces)

1 large bag of frozen vegetables OR a variety of fresh vegetables cleaned and cut up such as:

[Broccoli, cauliflower, carrots, zucchini, yellow squash, turnips, green beans, tomatoes, potatoes, corn; any vegetable you enjoy eating]

14 oz can of Hunts Fire Roasted tomatoes {Do NOT also use fresh or any other tomatoes if you use this}

Beef broth-48 oz OR 4 – 5 Beef Bouillon cubes

Water

Seasonings to your taste

Cut the meat into small cubes. Place in skillet with a bit of olive oil. Brown meat on all sides. Do NOT overcook! Remove meat once browned and set aside. Add cut up onions and cook over low-med heat until clear (Transparent). This is a slow process. You are NOT browning the onions, you are actually melting them down. Once onions are translucent, add Fire Roasted tomatoes and Potatoes. Cook down, slowly for about 10 – 15 mins. On low-med. Heat, stirring often. If it starts to stick add a little of the broth or water and stir. Next, add the chopped vegetables and the rest of the beef broth OR beef bouillon cubes and water enough to cover the meat, tomatoes, and potatoes. Bring to a boil, then add the rest of the vegetables. Bring to a boil again, then lower heat to low-med. Cook slowly and let the flavors blend together. Season to taste and serve hot.



## Maw-Maw Mabel's Corn Soup

With modifications by Mom

2 cans/rolls of cream style corn

(I use 3 frozen roll-packs)

4 cans whole kernel corn

(I use about ½ of frozen 5 lb. bag or 2 ½ lbs)

1 can 14.5 oz Hunt's fire roasted diced or stewed tomatoes

1 medium yellow onion

Salt meat to taste

[(or tasso) or (Hillshire turkey, beef, pork sausage) the amount depends on your taste. I use the equivalent to 1 full link of sausage because I like a good bit of meat in it]

I don't add seasoning, however, IF you don't add much meat, you may need to add salt and/or other seasoning you like to taste

Maw-Maw runs hot water over salt meat to lessen the salt and to tenderize, then boil a while with onion. Use enough water for soup. Later, add tomatoes and cook down awhile. Add corn to heat, cook about 5 minutes. Season to taste, (you may need to add a little sugar to cuyt the acid).

Optional: add celery, a little bit of bell pepper, seasoning to taste. I use Guidry's Creole Seasoning: about equal to 1 medium onion.



## Katie and Alysse's Crawfish Pepper Jack Cream Soup

- 1 small yellow onion, finely chopped
- 2 stalks celery, finely chopped
- ½ medium bell pepper, finely chopped
- 1 carrot, peeled and finely chopped
- ½ stick (4 Tbsp.) butter
- 3 cloves garlic, minced
- ¼ cup all-purpose flour
- ¾ tsp. dry mustard
- 2 tsp. Worcestershire sauce
- ¼ tsp. cayenne pepper
- 2 cups chicken broth
- 4 cups (1 quart) half and half
- 12 oz. pkg. cooked crawfish tail meat (thawed and drained, but not rinsed; coarsely chopped) OR  
---You can substitute 1 large bag of imitation crab meat for the crawfish tail meat
- 12 oz. pkg. Monterrey Pepper Jack Cheese, grated or shredded
- ½ tsp. salt
- ¼ tsp. pepper

Saute' onion, celery, bell pepper and carrots in butter for 3 minutes. Add garlic and saute' for another couple of minutes. Add flour, dry mustard, Worcestershire sauce and cayenne, and stir constantly for 2 minutes. Add broth and bring to a boil, stirring constantly. Reduce heat to medium and whisk in the half and half. Add crawfish or imitation crab meat. Do not allow mixture to boil. Stir occasionally, and lower heat as needed to keep from boiling. Cook for 15 minutes on medium low heat. Add pepper jack cheese, and stir until melted. Add salt and pepper, taste and adjust seasonings if needed. Serves 4-6, if served as a meal with salad and bread.



## Mom's Tortellini Soup

- 1 Family pack Hillshire Farm smoked sausage
- 2 medium yellow onions, chopped
- 1 whole garlic, chopped
- 3 (48 or 49 ½ ounce) cans of Chicken Broth
- Water to fill the pot after all ingredients are added
- 1 can (14 ½ oz.) Hunts Fire Roasted tomatoes
- 1 can (10 oz.) Rotel mild tomatoes
- 3 cans of Baby corn
- 3 packages (20 oz.) refrigerated cheese tortellini
- 1 package (6 or 9 oz.) fresh baby spinach, coarsely chopped
- 2 ¼ tsp. minced fresh basil or ¾ tsp dried basil
- ½ capful of liquid crab boil
- Nature's Season to your taste
- 1 small bag shredded Parmesan or Italian mix cheese—optional

Crumble sausage into a Dutch oven or stock pot; add onion. Cook and stir over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Stir in the broth, water and tomatoes and baby corn. Bring to a boil. Add tortellini; return to a boil. Cook for 7-9 minutes or until tender, stirring occasionally. Reduce the heat; add the spinach, basil, crab boil, Nature's Season. Cook 2-3 minutes longer or until spinach is wilted. Serve with cheese if desired.



## Mom's Broccoli Cheese Soup

(by Southern Kitchen)

Prep time: 10 mins.

Cook time: 27 mins.

Total time: 37 mins.

Serves: 8

4 tbs. Butter

1 medium onion

2 carrots, peeled and thinly sliced

¼ cup all-purpose flour

4 cups chicken broth (or vegetable broth)—I substitute: 49 ½ oz. can broth + 10 ½ oz. can cream of chicken & herbs soup

2 cups of half and half

8 cups chopped broccoli (small bite-sized pieces)

1 (8 ounce) block Fontina cheese, shredded

1 (8 ounce) block white Cheddar cheese, shredded—I substitute 1 (8 ounce) bag of each: Sargento 6 cheese Italian and Sargento Sharp Cheddar for the Fontina and the white Cheddar

4 Ounces cream cheese, room temperature

½ tsp. salt

½ tsp. black pepper

½ tsp. garlic powder

¼ tsp. red pepper flakes

In a Dutch oven, melt butter over medium heat. Add onion and carrots and cook until soft, about 5 minutes. Sprinkle flour over onion/carrot mixture. Cook and stir for 2 minutes. Gradually add chicken broth, whisking constantly. Add half and half. Bring to a simmer. Add broccoli and stir into mixture. Simmer for 20 minutes, stirring occasionally. If desired, use a potato masher to break broccoli up some. Turn heat to low. Add shredded cheeses. Stir until melted. Add cream cheese in small chunks and whisk well to combine. Stir in salt, peppers, and garlic powder. Let simmer for a few minutes and serve.

[<http://spicysouthernkitchen.com/broccoli-cheese-soup/>]



KITCHme

# Olive Garden Copycat Zuppa Toscana

Food.com (<http://restaurant.food.com/recipe/olive-garden-copycat-zuppa-toscana-38298>) | 417 reviews | 80 min



## Olive Garden Copycat Zuppa Toscana

Soup

Food.com | 417 reviews

Prep 20 min | Cook 60 min | Ready 80 min

## Ingredients Serves 4

- 1 lb Italian sausage
- 2 large russet potato, sliced in half and then in 1/4 inch slices
- 1 large onion, chopped
- 1/4 cup bacon bits, optional
- 2 garlic cloves, minced
- 2 cup kale, or swiss chard, chopped
- 2 can (8 ounces each) chicken broth
- 1 qt water
- 1 cup heavy whipping cream

## Directions

1. Chop or slice uncooked sausage into small pieces.
2. Brown sausage in a soup pot.
3. Add chicken broth and water to pot and stir.
4. Place onions, potatoes, and garlic in a separate pot.
5. Cook on medium heat until potatoes are done.
6. Add sausage and bacon, if using.
7. Salt and pepper to taste.
8. Simmer for another 10 minutes.
9. Turn to low heat.
10. Add kale and cream.
11. Heat through and serve.

## Deals for This Recipe

### Dairy Eggs and Cheese

 Reddi Wip Whipping Cream Original, Aerosol | \$2.50 | Family Dollar



Chicken Tortilla Soup  
(From Food Network)

2 teaspoons vegetable oil

Total Time: 35 min.

1 small onion

Prep Time: 10 min.

2 tablespoons minced garlic

Cook Time: 25 min.

2 jalapenos, finely diced

Serves: 4 – 6 people

8-12 cups low-sodium chicken broth (3 boxes regular salted Swanson)

1 (14.5 ounce) can black beans, rinsed and drained (optional)

3 chicken breasts, boneless and skinless ( 2 lb pack tenderloins)

1-2 limes, juiced, plus wedges for garnish (I use 1 lime)

Salt and freshly ground black pepper

1 cup roughly chopped fresh cilantro leaves

1 (8 inch) flour tortilla, grilled, cut into thin strips (optional)

1 avocado, pitted, sliced

1 cup shredded Monterrey cheese (or your favorite)

In a large saucepan heat the vegetable oil. Add the onions and cook for 2 minutes. Once the onions have softened add the garlic and jalapenos and cook for another minute. Pour the chicken broth, tomatoes and beans into the pot and bring to a boil. Once at a boil lower heat to simmer and add your chicken breasts. Cook the chicken for 20-25 minutes. Once chicken is cooked remove from pot. When cool enough to handle shred it and set it aside. Add lime juice and fresh cilantro to the pot. In a serving bowl add a mound of shredded chicken. Ladle soup over chicken and top with a lime wedge, grilled tortilla strips, avocado slices and cheese.



## Mom's Beef Vegetable Soup

1 link Hillshire Sausage (Beef, Port, Turkey)

3 lbs. Beef Stew meat

¼ cup- ½ cup Worcestershire sauce

Basil

Tony Chachere's

Nature's Seasonings

Rosemary

Thyme

Sage

Olive Oil or Coconut Oil

1 small can Contadina Tomato Paste

14.5 oz. can Hunts diced Fire Roasted tomatoes

10 oz. can Rotel, Mild, diced tomatoes with green chiles

32 oz. Beef Broth

32 oz. Chicken Broth

24 oz. bag frozen vegetables for stew

16 oz. bag of mixed vegetables (OR ½ of 28 oz. bag)

9 or 10 oz. bag of cut corn

1 cap liquid crab boil

Water to fill pot ¼ from the top

6 - 12 oz. bag of egg noodles

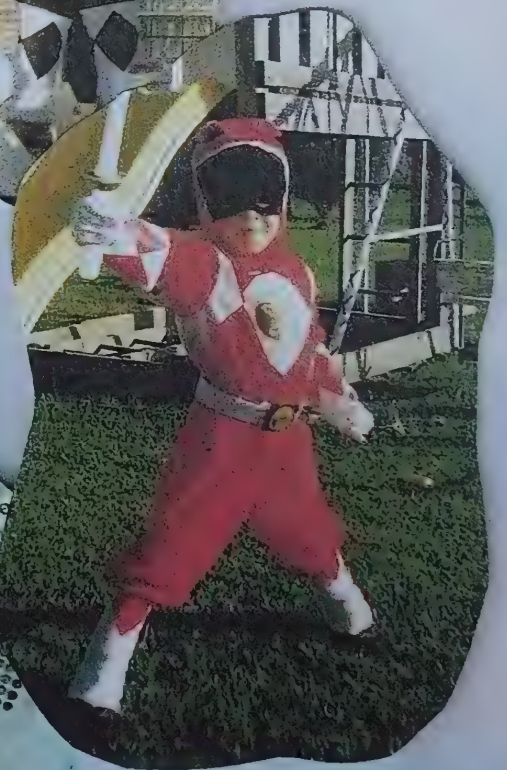
1 pack of Lipton Onion Mushroom soup mix



Brown the beef after soaking in Worcestershire sauce for at least ½ hour. Slightly brown sausage and add tomatoes, cooking down a little for about 5-10 mins. Add broth, then vegetables and seasonings, including herbs. Add liquid crab boil, Onion soup mix and water. Bring to boil, then cook on low for at least an hour to blend flavors. The longer it simmers, the more the flavors will blend. When done, turn off heat and add noodles. Noodle will absorb the liquid so don't add too much.

Can put in slow cooker after the browning is all done. Cook on high for about 30 mins. Then lower to slow for about 3 - 4 hours.

# Gumbos





## Mom's Chicken and Sausage Gumbo

**1 pack of about 6-8 chicken thighs** (for 2-4 people):

Skinless is great, but you do want the bones in—the bones give it that wonderful flavor and you can pull them out once cooked)

**16 oz. container of Guidry's Creole Seasoning** (contains: yellow onions, bell peppers, celery, green onions, parsley, garlic all cut up for you)

**1 small-med. Yellow onion**

**4-5 cloves of garlic**

**1 – 1 ½ links of Hillshire Farm smoked sausage made with Pork, Turkey, Beef**  
chopped in half or in 4ths

**¾ cup of all-purpose flour**

**¾ cup of olive oil or vegetable oil**

**10 oz. can Rotel original tomatoes**

**10 oz. can Campbells' Cream of Chicken with Herbs OR 1 packet of Lipton Recipe Secrets: Savory Herb with Garlic recipe soup & dip mix. DO NOT USE BOTH!**

**2 – 49 11/2 oz cans of Swanson's Chicken Broth** (You can use less broth if you decide to boil the chicken first and keep the broth you make from that. This is the preferred way but it takes considerably longer)

Place skinned chicken with the bone into a large pot with either water to cover chicken or use a can of Swanson's chicken broth along with water to cover the chicken. Bring water to boil. Boil on med-high heat until chicken begins to fall off of the bone. In a separate pan place ¾ cup all-purpose flour and ¾ cup oil. Mix well and cook on med heat, stirring almost continuously. You want to keep this mixture smooth-free of lumps as it browns slowly to a dark brown. Once it's dark brown, carefully add the chopped onion, garlic, and Guidry's Creole Seasoning. Keep some chicken broth or warm water close by to add as things start to clump or dry out. After this mixture begins to caramelize (get brownish in color and

soft), add some water or broth and stir thoroughly. Add the Rotel tomatoes and simmer until well blended-about 5 – 10 mins. Add the sausage and heat well for about another 5 – 10 mins. Now it's time to add this to the chicken and broth in the other pot. Stir and blend well, then add the Cream of Chicken with Herbs. Stir well until blended. IF NEEDED, add more chicken broth or water to cover the chicken. Cook on med-high heat and bring to a rolling boil. Once boiling, lower heat to low-med or just medium. You want it to continue boiling, but slowly so it doesn't stick or burn. Stir occasionally to keep from sticking. After it's cooked for at least an hour with everything together in the pot, lower the heat to low or low-medium to simmer for another hour or two if you have the time. If not, you may eat it once the chicken is thoroughly cooked through and all ingredients are well blended. The least amount of time to simmer is about an hour. Season to taste with salt, pepper, Nature's Seasons, Tony Chachere's, and/or File'. Serve over rice with potato salad if desired.



## Mom's Shrimp and Okra Gumbo

½ cup all-purpose flour

½ cup extra virgin olive oil

1 small tub (16 oz) of Guidry's Creole Seasonings (use about 12 oz)

5 oz.(use ½ of a 10 oz.) can of original Rotel tomatoes

1 cup of chopped, fresh okra (use frozen if you must)

1 ½ links of chopped Hillshire smoked sausage (pork, turkey, beef combo.) Chop in half or in ¼ slices

1 - 2 pounds of fresh or thawed and peeled and rinsed shrimp

{the amount of shrimp depends on how much you want or can afford to use}

2 cans (49 1/2 oz.) OR 2 ½ boxes (48 oz.) Swanson chicken broth-low sodium OR 1 low sodium and 1 ½ regular

1 packet of Lipton Recipe Secrets Herb with Garlic-flavored dry soup mix

1 - 1 ½ tbsp. fresh file'

Pour flour and olive oil into soup pot. Make roux by stirring constantly over a low-medium heat until mixture is medium-dark brown {all lumps should be stirred out}. Once roux is complete, add Guidry's Creole Seasonings and stir. If mixture is too thick or is sticking to pot, add a pinch of chicken broth and stir thoroughly as well as continuously. BE CAREFUL NOT TO ADD TOO MUCH BROTH AT THIS STAGE, as you want the seasonings to blend and smother down. Once

seasonings are well blended and onions are caramelizing (browning and blending and smelling really good), add the Rotel tomatoes. Smother down the tomatoes to cook most of the acid out. This could take about 15-20 mins. on a low-med. heat. Add chopped okra and smother down for about 20-30 mins. on a low-med. heat. Once okra is cooked down and most of the slime is gone, SLOWLY add chicken broth as you stir. When everything is WELL blended, add the shrimp. Stir and add the Lipton Recipe Secrets Herb and garlic dry soup mix and the file'. Keep the heat on low-med so the ingredients can blend and the flavors fill the whole house. This should cook SLOWLY for about an hour on low-med. heat.

Prepare your favorite rice

I keep extra file' available for guests to add to their bowl

You can also keep your favorite hot sauce handy

Many Cajuns enjoy potato salad right in the middle of their bowl of b Gumbo, some prefer it on the side.



## Seafood Gumbo

¼ cup All Purpose flour--I use just a bit more flour than oil

Just under ¼ cup oil (Coconut oil, Olive oil, vegetable oil, safflower oil--choose your favorite. My favorite is Coconut oil, as it gives it a special, delicious flavor)

1 medium onion, chopped

½ teaspoon salt

3 cloves garlic, minced

1 ½ pin of oysters **OR** 1 ½ pint of crawfish peeled **OR** 1 ½ pint shrimp peeled **OR**

8 or more raw or already boiled crabs

2 tablespoons minced parsley

¼ cup green onion tops

6-8 cups water or Broth (seafood or chicken broth, low sodium)

Heat oil in pot over medium heat and stir in flour to make roux. When roux is med. - dark brown, add onions sprinkled with salt. Cook onions until they are beginning to look slightly brown or singed on the edges. Stir while adding water until the roux is "liquidy". Add garlic. Simmer about 10 mins. over low heat watching closely and stirring often. Continuing on low heat and add one of the seafood above or a combination of seafood for a total of 1 1/2 pints. Smother down about 15 - 20 mins. Then add water or broth and bring to a boil. Lower heat to simmer. Simmer for 10 mins. to blend flavors and add parsley and green onion tops. Cook for 15 to 20 mins. or longer. The longer it simmers (low heat) the more flavorful it will be. Salt and pepper to taste. Serve over rice {I use Jasmine rice}.

Serves 4 - 6

>>>Variation: for Seafood Stew, cut roux (flour and oil) in half, still using more flour than oil. Also, cut water or broth down to about 2 cups instead of 6-8 cups.

# Vegetables





## Mom's Stuffed Bell Peppers

6 Green (Bell) Peppers	1/8 teaspoon pepper
1 large onion	1/2 cup bread crumbs
1 teaspoon salt	1/2 cup milk
1 teaspoon cooking oil	1 1/2 lbs. 80/20 ground meat
(If using deer sausage, use 1 link per pepper)	1/2 can Fire Roasted tomatoes
Cook Jasmine rice - about 1 1/2 - 2 cups cooked rice	

Cut top from each pepper. Remove seeds, rinse, and place in boiling water for 20 mins. Mix onion, salt, pepper, milk, tomatoes, rice, and meat in pan with the oil. Brown until meat is very brown. Remove peppers and drain. Place in pan with a bit of the boiled water-enough to cover the bottom of the pan. Stuff each pepper with the mixture. Top with raw egg brushed on top, cheese, and bread crumbs. Bake in oven at 400 degrees for 30 mins, basting frequently with hot water to keep from drying out.

## Spinach Stuffed Mushrooms

Serves: 40

Prep. Time: 15 min.

Total Time: 35 min.

1 ½ cups hot water

1 package (6 oz.) Stove Top Stuffing Mix for Chicken

40 Fresh mushrooms (2 lb.)

2 TBSP butter

2 cloves garlic, minced

1 pkg. (10 oz.) frozen chopped spinach- thawed, well drained

{I prefer 1 bag of fresh baby spinach, chopped}

1 cup Kraft Shredded Low-Moisture Part-Skim Mozzarella Cheese OR cheese of your choice

1 cup Kraft Grated Parmesan Cheese

Heat oven to 400 degrees F

Add hot water to stuffing mix in large bowl; stir just until moistened. Set aside, Remove stems from mushrooms; chop stems. Melt butter in skillet on medium heat. Add chopped stems and garlic; cook and stir 5 min. or until tender. Add to stuffing with spinach and cheese; mix well.

Spoon into mushroom caps. Place, filled-sides up, in shallow pan.

Bake 20 min. or until mushrooms are tender and filling is heated through.



## Potato Mushroom Bake

Preparation: 15 mins.

Baking: 1 hour

Oven Temp. 350

4 servings:

3 med. Potatoes, pared, sliced

1 med. Onion, peeled, sliced

¼ lb. fresh mushrooms, sliced

¾ tsp. salt

¼ tsp. freshly ground black pepper

1 tsp. dried tarragon leaves

1 cup whipping cream

2 or 3 tbsp. chopped fresh parsley

2 servings:

Use half ingredients

8 servings:

double ingredients and

use deeper baking dish

1. In buttered shallow baking dish, layer potatoes, onions and mushrooms
2. Sprinkle with salt, black pepper and tarragon. Pour in cream, cover with foil
3. Bake @ 350, 30 mins. Remove foil. Continue baking 30 mins. Or until potatoes are fork-tender and sauce has thickened and is creamy & smooth.
4. Sprinkle with parsley before serving

## Baked Tomatoes

Remove top from each tomato

Poke the top of each tomato but not through the skin

Pour Italian dressing (about  $\frac{1}{4}$  cup per medium sized tomato) and fill to top of tomato

Sprinkle Parmesan cheese on top of each tomato

Bake on middle rack of oven - 8 mins at 350 degrees until bubbles on top

Then BROIL on top rack of oven- just to brown cheese



## Maw-Maw Boudreaux's Maque Choux

[Mock Shoe]

1 quart bag of corn smothered

1 can Fire Roasted diced tomatoes (13 or 15 oz) **OR** 3 medium tomatoes, peeled

¼ teaspoon salt (or to taste)

2 tablespoon oil

1 medium onion, chopped

1 medium green bell pepper

3 stalks celery

Place onion, bell pepper, celery in unheated oil. Simmer on low heat 15-20 mins. Add corn and cook until kernels turn clear, (about 20 mins). Add tomatoes and seasoning to taste. When starts to bubble cover and reduce heat. Cook about ½ hour on low heat.

## Cracked Potatoes

- 2 (16 oz.) containers sour cream
- 2 cups cheddar cheese, shredded
- 2 (3 oz.) bags real bacon bits
- 2 packages Ranch Dip mix
- 1 large bag frozen hash brown potatoes (shredded or cubed)

Combine first 4 ingredients, mix in hash browns. Spread into a 9X13 pan. Bake at 400 degrees for 45 - 60 minutes.

\* I divided the potatoes into 3 small 7X7 disposable foil pans and froze them. I wrapped them with plastic wrap and then foil.\*

[www.plainchicken.blogspot.com](http://www.plainchicken.blogspot.com)



## Potato Stew

1 med. onion, diced

2 tablespoons cooking oil

Meat (sausage or ham or beef cubed) {about 1 pound or more if desired}

5 white potatoes, diced

¼ cup parsley, chopped

¼ cup green onion tops, chopped

Salt & pepper to taste

1 cup rice (I love Jasmine rice)

Brown onions and meat together in cooking oil. After meat and onions are brown, add potatoes, salt, pepper, parsley, and onion tops. Add enough water to cover potatoes in pot. Cook covered on medium heat until potatoes are cooked, about 1 hour. Serve over cooked rice. Serves apprx. 5 people

## Fresh Beets

3-5 med. Beets OR 6-8 small Beets

1 cup sugar

1 cup vinegar

Peel and slice beets. Place in pot of water and boil until tender, drain. Place 1 cup sugar and 1 cup vinegar in pot. Boil until sugar is dissolved--not long. Pour vinegar and sugar mixture over beets and keep in refrigerator, covered. Vinegar mixture should cover beets and will keep a long time.



## Cabbage Casserole

1 head of cabbage

1-2 pounds 80/20 ground meat

1 large onion

15 oz. can tomatoes

8 oz. can tomato sauce

$\frac{1}{4}$  -  $\frac{1}{2}$  cup uncooked rice

- 1) Cut up a head of cabbage. Boil until tender, but still firm. Drain.
- 2) Brown 1-2 pounds of ground meat with one large onion. Drain fat from meat.
- 3) Stir in one can of whole tomatoes,  $\frac{1}{2}$  or 1 entire 8 oz. can tomato sauce,  $\frac{1}{4}$  -  $\frac{1}{2}$  cup uncooked rice and the cabbage. Season to taste.
- 4) Lower fire, cover and let simmer until rice is done.

## Green Bean Casserole

Prep Time: 10 min.

Bake Time: 30 min.

Serves: 6

1 1/3 cups

French's Original French Fried Onions

1 (10 3/4 oz.) can

Campbell's Condensed Cream of Mushroom Soup

3/4 cup

Milk

1/8 tsp.

Pepper

4 cups

Cooked cut green beans

MIX soup, milk, pepper, beans and 2/3 cup onions in 1 1/2 quart Hefty EZ OvenWare or comparable Hefy EZ Foil Casserole Pan.

Bake at 350 degrees F for 25 min. until hot. Stir.

Top with remaining onions. Bake 5 min.



## Campbell's Green Bean Casserole

Prep: 15 mins.

Bake: 30 mins.

Total: 40 mins.

Serves: 12 servings--- serving size  $\frac{3}{4}$  cup servings

2 cans (10  $\frac{1}{2}$  oz.) Condensed Cream of Mushroom Soup **OR Fat free Or Healthy Request**

1 cup milk

2 tsp. soy sauce

$\frac{1}{4}$  tsp. ground black pepper

8 cups cooked cut green beans

$\frac{2}{3}$  cups French's French Fried Onions

Heat oven to 350 degrees F. Stir soup, milk, soy sauce, black pepper, beans and 1  $\frac{1}{3}$  cups onions in 3-qt. casserole. Bake 25 mins. or until bean mixture is hot and bubbling. Stir bean mixture and top with remaining onions. Bake 5 mins. or until onions are golden brown.

To add crunch, add  $\frac{1}{2}$  cup toasted sliced almonds to onion topping.

For bacon lovers, add 4 slices bacon, cooked and crumbled, to bean mixture.

To add a festive touch, add  $\frac{1}{2}$  cup chopped red pepper with soup.

For cheese lovers, stir in 1 cup shredded Cheddar cheese with soup. Omit soy sauce. Sprinkle with additional  $\frac{1}{2}$  cup Cheddar cheese when adding remaining onions.

## Mom's White Beans

1-2 lbs. fresh white beans or Camellia brand

1 med. - lg. onion, chopped

2 -4 cloves garlic, chopped

1 stalk celery, chopped

Salt Meat to taste-about  $\frac{1}{4}$  -  $\frac{1}{2}$  cup, cut up

3-4 strips of bacon, cooked

1 tbsp. cooking oil (coconut or olive oil is best)

Seasonings of your choice (Season All, Tony Chachere's, garlic powder, onion powder)

Soak beans in 5 quart pot for at least 1 or 2 hours. Drain, then add more water to cover beans plus about 2 inches.

In a separate pot, saute' onions, celery, salt meat, and bacon in cooking oil on medium heat. Don't add too much oil, as this will make the beans oily. After meat is browned and bacon crisp, remove from heat.

Add this to beans after you have changed the water. Add Cook on medium until comes to a boil. Lower heat to low-med. And cook until beans are soft.

Serve with Jasmine Rice



# Seafood



## Paw-Paw Clyde's Holiday (Oyster) Dressing

1 quart of oysters	
1 pound Andouille sausage or 1 pound ground pork	1 cup chopped parsley
1 pound chicken livers	½ cup chopped celery
1 pound chicken gizzards	1 cup chopped bell pepper
1 small can cut mushrooms	2 large onions
¼ cup cooking oil	4 garlic cloves
4 cups uncooked rice	1 tbsp. Worcestershire sauce
1 cup chopped green onions	2 tbsp. soy sauce

Chop liver and gizzards in small pieces. Brown onions in oil until medium brown.

Add sausage and gizzards and brown. Cook for one hour, stirring frequently. Add water if needed. Then, add liver, garlic, celery, bell peppers, soy sauce, Worcestershire sauce, salt, pepper, and mushrooms. Cook for 30 mins. more. Add green onions and parsley and cook another 20 minutes. Add oysters the last 10 minutes of cooking time.

Cook rice separately, add into dressing a little at a time, until all mixed.



## Paw-Paw Gil's Shrimp Jambalaya

1 ½ Cups Roux (equal parts, 1 ½ cups flour and 1 ½ cups cooking oil)

4 Chopped Medium Onions

4 Chopped Sweet Bell Peppers

2 Cups Chopped Celery

5 Cloves Garlic or as to taste

1 Can (13.25 or more) Mushrooms and pieces with liquid

2 lbs. of peeled shrimp

1 Can (14 oz.) Chicken Broth

4 Cups of Extra-long grain rice

Salt & Pepper

Hot Sauce (Louisiana or to taste)

Prepare roux in large pot (5 qt. or larger) until desired color is achieved. Cook onions, peppers, and celery until partly cooked. Add chicken broth and cook for a while longer. Add mushrooms and liquid, shrimp and garlic. Cook a while. Add rice and season to taste with salt, pepper, and hot sauce, etc... Cook until rice is done. Enjoy! (You can use Nature's Season, ¼ - ½ cup LOUISIANA Hot Sauce, and a dash of Worcestershire sauce, if desired).

That's good Jambalaya Paw-Paw!!!

## Mirliton and Shrimp Casserole

6 Mirlitons (or Eggplant)

1 pound of peeled shrimp (80/20 ground beef can be substituted)

1 large onion, chopped

Parsley to taste

Salt and Pepper to taste

Bread Crumbs (Italian) for topping

Par boil mirlitons; cool and peel.

Remove seeds and cube. In a skillet over medium heat, smother the mirlitons with the shrimp, onion, parsley, salt, and pepper. When tender, place in a casserole dish and top with bread crumbs. Place under the broiler until brown.

Serves 4-6



## Crawfish or Shrimp Etouffe'

2 pounds crawfish tails - keep the fat OR 2 pounds of shrimp  
2 sticks butter  
1/2 cup chopped green onion tops  
1 cup chopped celery  
1/4 cup water  
1 cup water  
2 large onions, chopped  
1/2 cup chopped parsley  
2 tbsp. flour  
Salt and Pepper to taste

Saute' onions, green onions, and celery in butter. Add flour and lightly brown. Add crawfish tails and fat and 1/4 cup water along with parsley, salt and pepper. Simmer 10 min. and add the 1 cup of water and cook until thick enough to serve over fluffy rice.

Serves 6 - 8 people

## Seafood Stew

1 pint oysters	1 pint medium shrimp tails, peeled
18 oz. lump crab meat	1 large onion, chopped
1 cup chopped celery	1 bell pepper, chopped
½ cup chopped parsley	½ cup chopped green onions
½ cup flour	4 tbsp. oil
2 cups water	2 cloves garlic, minced
Salt and pepper to taste	

Make a nice brown roux with ½ cup flour and oil. Add onion, celery, garlic, and cook until wilted. Add shrimp and let saute' a few minutes longer. Add water and bring to a boil. Add bell pepper, salt and pepper. Let cook 20 minutes. Add oysters and crab meat. Let cook 15 minutes more. After it comes to a boil again. Then, add parsley and green onions. Serve with hot, fluffy rice and a salad. Serves approximately 6 people.



# Bubba Gumption Shrimp (Top Secret Recipe)



beer APPÉTIT  
challenge

## Bubba Gumption Shrimp

*Sweet Chili Glaze Shrimp with a pineapple  
and apple cider salsa*

*(cider made with Woodchuck's Gumption Beer) 7.99*

### Fruit

- 1/2 cup diced pineapple
- 1/2 cup diced strawberries
- 1/2 cup diced kiwi

### Chili Glaze

- 1 cup of rice wine vinegar
- 3 TBS chili paste
- 1 TBS of garlic
- 6oz of pineapple juice
- 2 TBS of honey

Combine all ingredients in pot, bring to a boil  
reduce heat, and simmer for 25 minutes

### Gumption Sauce

- 1 yellow onion
- 2 jalapenos
- 1/4 bundle of cilantro
- 2 cups honey
- 1 bottle Gumption beer
- 1 TBS salt
- 2 TBS chopped garlic

Saute onions and jalapenos, then add garlic, cilantro  
and salt. Add Gumption beer and reduce by half.

Next, add honey and simmer for 5 minutes. Last,  
blend everything with food processor

### Procedures

- 1) Saute 5 shrimp until done
- 2) Deglaze with 1/4 cup of Woodchuck's Gumption Beer
- 3) Take diced fruit and cilantro and mix with 1 TBS of Gumption Sauce and 1 teaspoon of salt
- 4) Make a nest with fruit on plate and place chili glaze shrimp in middle
- 5) Serve with 4 tostada shells

## Boiled Shrimp

3-4 lbs. shrimp

½ small bottle of liquid crab boil

1 box of Iodized salt

2 medium onions cut into 4 pieces each

2 -4 cloves of garlic (or more to taste)

2 real lemons

2 tablespoons cooking oil

Tony Chachere's Creole seasoning

Hot sauce (optional)

Enough water to cover the shrimp PLUS 1 - 1 ½ inches more

Add all above EXCEPT the shrimp, to the water. Bring to a boil.

After it comes to a boil, time for 5 mins. to cook the onions. Add shrimp, bring to a second boil. Watch for the shell on the back of the shrimp to start separating: About 5 mins. Let sit in water with the fire off to soak up flavor. Taste to see if it's spicy enough for you.



## Baked Fish

Season fish: with lemon juice, lemon and pepper seasoning, onion and garlic powder, parsley flakes and butter.

After seasoning with all above, wrap fish in foil tightly and put in a pan. Bake at 350 degrees for 20 - 30 minutes.

## Red Fish

Cut up fish and soak in 1 or 2 eggs and little dab of milk. Soak for 1 or 2 minutes. Roll in flour or fish fry with seasoning {lemon pepper with garlic}. Cook over medium fire in Oil deep enough to cover about  $\frac{3}{4}$  of the fish. When fish turns crispy brown, turn over until that side is brown. To keep the fish from crumbling, don't fool with it until it turns brown.

If fish smells strong before cooking, soak it a little bit of vinegar or before putting it in the milk and eggs for about 15 mins.



## Fish Cubion

Boil fish in water and a few drops of crab boil for about 5 mins, then debone.

Make roux, add onions and seasonings, cook until onions tender.

Add 1 can tomato sauce. Simmer about 20-30 mins, then add fish and enough water to make a gravy. Simmer about ½ hour or so BEFORE the fish breaks up.

# Poultry





# Norman & Katie's Chicken Quesadillas

## INGREDIENTS

1. 3 lbs. of Chicken cut into strips
2. 4 Bell peppers and 2 onions cut into strips
3. 1 small bunch of Cilantro – Chopped
4. 2 packs of Fajita seasoning
5. 2 lbs. of Shredded Cheese - Mexican style, Cheddar or mozzarella
6. 20-30 8" or 10" soft flour tortillas
7. 4 Tomatoes

## DIRECTIONS

Stir fry chicken strips with the Fajita sauce or seasonings (too taste). Next, stir fry the bell pepper, onions and cilantro in pan after chicken for seasonings. Warm the soft flour tortillas.

To make the Quesadillas, place one of the tortillas in a plate or flat surface. Add a layer of chicken strips, then bell peppers, onion, tomatoes and cilantro. Next add the shredded cheese of your choice. Cover with another tortilla. Place the sandwich on the warm skillet to melt the cheese.

# Enjoy!!!

## Mom's Baked Chicken

1 - 2 packs of chicken thighs----- [I prefer the bone and skin on for flavor, but you can use the boneless/skinless if you prefer]-----You need about 2 pieces per person

2 tablespoons (approximately) melted margarine or butter

¼ cup K C Masterpiece Honey Teriyaki marinade

Nature's Seasoning---to taste

1 pan large enough to hold chicken that can tolerate the oven temperature AND deep enough to hold the liquid from the chicken---but not too deep so that it will still cook thoroughly.

Pam cooking spray and/or foil

Heat oven to 350 degrees

Combine margarine and Honey Teriyaki in microwave safe bowl and cover. Melt for 15 seconds, stir, repeat until butter is melted. It usually only takes twice. Spray pan with or without foil. The foil makes for easier cleanup but you still need to spray it. Place chicken on pan, skin side up. Brush chicken with the melted margarine and teriyaki mixture on skin side. Season to taste. Cook in oven until skin turns golden brown. Drain liquid carefully into a dish or cup that can handle high heat. DO NOT DUMP DOWN YOUR DRAIN, as it will clog it up! Turn chicken over, brush with mixture and season just like the first side. Place in oven and cook until this side is gold brown. DO NOT OVERCOOK or UNDERCOOK. Undercooking is a health hazard, Overcooking dries out and/or burns the chicken. The time truly depends on your oven and the amount of chicken you are cooking. I usually use 2 packs of thighs and cook about 45 mins on the first side, then about 15 mins. On the second side.

This is GREAT with mashed potatoes and a salad or your favorite vegetables.



## Mom's Baked Turkey

12 lb. Butterball Turkey

¼ cup butter

½ - ¾ container of Guidry's creole seasoning-mixture of onion, celery, garlic, parsley

Lipton's Herb soup mix

Season All

If frozen, thaw turkey in refrigerator 3 days before cooking.

When ready to cook, remove neck, gizzard, etc. from turkey cavities.

Rub butter all over the turkey. Stuff neck cavity with Guidry's creole mixture.

Sprinkle Season ALL and Lipton's Herb soup mix all over the turkey.

Place in a blue enamel roasting pan sprayed with Pam. Spray the cover as well to prevent sticking. Add enough water to barely cover the bottom of the pan. Cover and place in preheated - 350 degree oven. Bake for about 3 - 3 ½ hours until tender. Keep moist by basting with the water every 30 mins. Or so.

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## Classic Chicken Pot Pie



Cozy up to a hearty and satisfying pot pie - a tasty way to use leftover chicken or turkey.

**Prep Time**  
**40**  
**Minutes**

Total Time  
**1:05**  
Hr:Mins

Makes  
**6**  
servings

## Crust

- 2 cups Gold Medal® all-purpose flour  
1 teaspoon salt  
2/3 cup plus 2 tablespoons shortening  
4 to 6 tablespoons cold water

## Filling

- 1/3 cup butter or margarine
- 1/3 cup chopped onion
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 3/4 cups Progresso® chicken broth (from 32-oz carton)
- 1/2 cup milk — optional
- 2 1/2 cups shredded cooked chicken or turkey
- 2 cups Green Giant® Valley Fresh Steamers™ frozen mixed vegetables, thawed

1. Heat oven to 425°F. Combine flour and salt in large bowl; cut in shortening with pastry blender or fork until mixture resembles coarse crumb. Mix in enough cold water with fork until flour is moistened. Divide dough in half. Shape each half into a ball; flatten slightly. Wrap 1 ball in plastic food wrap; refrigerate.
2. Roll out remaining ball of dough on lightly floured surface into 11-inch circle. Fold into quarters. Place dough into ungreased 9-inch pie plate; unfold dough, pressing firmly against bottom and sides. Trim crust to 1/2 inch from edge of pan; set aside.
3. In 2-quart saucepan, melt butter over medium heat. Add onion; cook 2 minutes, stirring frequently, until tender. Stir in flour, salt and pepper until well blended. Gradually stir in broth and milk, cooking and stirring until bubbly and thickened. Stir in chicken and mixed vegetables. Remove from heat. Spoon into crust-lined pie plate.
4. Roll out refrigerated ball of dough on lightly floured surface into 11-inch circle. Gently fold dough into quarters. Place dough over filling; unfold. Trim, seal and crimp or flute edges.
5. Bake 30 to 40 minutes or until crust is golden brown. During last 15 to 20 minutes of baking, cover edge of crust with strips of foil to prevent excessive browning. Let stand 5 minutes before serving.

## Fiesta

### Chicken Tamale Casserole

- 1 cup (4 ounces) pre-shredded 4-cheese Mexican blend cheese, divided
- 1/3 cup fat-free milk
- 1/4 cup egg substitute
- 1 teaspoon ground cumin
- 1/8 teaspoon ground red pepper
- 1 (14 3/4-ounce) can cream-style corn
- 1 (8.5-ounce) box corn muffin mix (such as Martha White)
- 1 (4-ounce) can chopped green chilies, drained
- 1 (10-ounce) can red enchilada sauce (such as Old El Paso)
- 2 cups shredded cooked chicken breast or rotisserie chicken
- 1/2 cup fat-free sour cream

1. Preheat oven to 400°. 2. Combine 1/4 cup cheese and next 7 ingredients (through chilies) in a large bowl, stirring just until moist. Pour mixture into a 13 x 9-inch baking dish coated with cooking spray. 3. Bake at 400° for 15 minutes or until set. Pierce entire surface liberally with a fork; pour enchilada sauce over top. Top with chicken; sprinkle with remaining 3/4 cup cheese. Bake at 400° for 15 minutes or until cheese melts. Remove from oven; let stand 5 minutes. Cut into 8 pieces; top each serving with 1 tablespoon sour cream.

### 7 Layer Dip

- 1 can refried Beans
- 1 packet of guacamole
- ~~16 ounce sour cream~~
- Taco seasoning to taste
- 8 ounce Salsa
- 2 cups of sharp Cheddar
- Green onions
- Black olives

1. Mix taco seasoning with a 16 oz sour cream. 2. Grate cheese and set aside. 3. In a 9x13 pan layer beans, guacamole, sour cream, salsa, cheese, green, onions, and black olives.

### Sopaipilla Cheesecake Bars

- 2 cans crescent rolls
- 2 (8 oz) pkg. cream cheese, softened
- 1 cup sugar
- 1 teaspoon vanilla
- 1 stick butter, melted
- 1 teaspoon cinnamon
- 1/4 cup sugar

1. Roll out 1 can of crescent rolls and keeping as 1 sheet of dough, lay into greased 9x13 inch pan. 2. Mix cream cheese, sugar, and vanilla until smooth. 3. Spread on top of crescent rolls. 4. Open second can of crescent rolls and again keeping together, lay on top of cream cheese mixture. 5. Pour on melted butter and sprinkle with cinnamon sugar mixture. 6. Bake at 350 for about 20 minutes. Cool to room temperature and chill in refrigerator before cutting into bars.



# Meats



## Maw-Maw Ella's Beef Roast

\*\*\*\*\*The fresher the vegetables, the better the flavor, but fresh or frozen-you NEED TIME for Cajun cooking to blend the flavors together. This is the Secret to Cajun cooking. That, and our own special way of measuring things: a pinch of this, a smidgen of that, as well as our use of BLACK IRON POTS!\*\*\*\*\*

2 – 4 pound Rump or Sirloin Roast {Some fat is desirable for flavor. I find the Rump roast is better}

1 container of Guidry's cut up fresh vegetables {size container depends on size of roast: smaller roast= smaller container; larger roast = larger container}

OR .....

1 Large yellow onion (or 2 medium)

3-5 cloves of garlic

1/2 cup chopped bell pepper

1/3 cup chopped celery

1 – 2 cups freshly chopped mushrooms (optional) OR

1 jar (3 – 4 ounces) of mushrooms

➤ You May need to add a little more or less depending on the size roast

4-5 SMALL boiling sized potatoes OR 3 large sized potatoes cut up into 6-8 pieces

4-6 petit sized carrots (optional)

1 cup water or beef broth

2 tablespoons of olive oil

5 quart Black Iron Dutch oven 9por) is the BEST for flavoring

Splatter screen (optional)

1/8 cup soy sauce or Italian dressing (optional)

1 envelope of Lipton's Herb seasoning

1 can Brown Gravy

1 can Campbell's beef soup

Pam spray to coat the Black Iron pot

Season the roast to taste. If you want a liquid seasoning, rub it on the roast first (such as soy sauce or Italian dressing). Sprinkle on the dry seasoning. I use Nature's Seasoning, but you can use Tony's or whatever you like, including just salt and pepper.



Spray black iron pot with Pam cooking spray. Heat it on med-hi heat until nice and hot. Place seasoned roast in pot (you may want to use a splatter screen). Watch closely. As one side of roast is browned – not burned- turn to sear or brown each side included edges or short sides. Once each side is browned, remove roast and set aside. Turn heat down a little to medium. Add olive oil and heat for about 2 mins. Once heated, add onions (OR the Guidry's freshly chopped vegetables). As they start to melt down and just begin to stick add a pinch of water. This is a slow process but necessary. This is where the flavor is so don't rush it. Stir often. Once the onions are nice and caramel colored-NOT burnt/brown, add garlic, bell pepper, and celery. Stir and add a pinch of water as needed to keep from sticking. This process is melting down the vegetable and blending more flavors. After the vegetables have been melting/simmering for about 5 – 7 mins. - add the mushrooms for about 2 – 3 mins. Then, add about ½ cup water and stir.

- If you are adding potatoes or carrots, now is the time. Roast them (sear them just a little to tenderized them-this is adding them to the pot when there is little water left. You are sort of browning them but only a little. Potatoes soak up liquid and flavorings---YUM!!)

Now, you will either put the roast in a slow cooker, or back into the black iron pot. Add the Lipton's herb packet, the beef soup and the brown gravy and all of the items you just simmered down including the potatoes and the carrots.

- In the black iron pot: cook on low-med, stirring and adding water if needed, ½ cup at a time. Cook for about 2 hours or until tender.
- In the slow cooker: cook on low about 8 hours or on high about 4 – 5 hours (adjust to size of the roast and your slow cooker instructions).
- > If you want it to cook faster, slice up the roast before adding it back to the black iron pot or the slow cooker.

Don't forget to cover and allow time for the flavors to blend. This is the secret to Cajun cooking. Simmering, blending, slow cooking. However, do NOT overcook. Cook until tender retaining the juices so it is moist. Best wishes and yummy!

Love,

Mom

## Hamburger Casserole

1 lb. 80/20 ground beef

1 lb. potatoes

1 lb. cheese

1 can cream of mushroom soup (regular size not family size)

1 large white or yellow onion, chopped

Season meat with Season All or Tony Cachere's, onion powder, and pepper. Brown onions and ground meat together then drain. While meat is browning, Peel and slice potatoes, then boil until tender. Drain. To meat mixture, add cream of mushroom soup. Mix well.

In a large, microwavable dish layer meat, potatoes, then cheese. Place in microwave and cook 2 mins. to melt cheese.



## Baked Lasagna

2 pounds 80/20 ground beef

1 med. Onion

1 clove garlic, minced

1 tbsp. parsley

1 tbsp. Basil - (I use more)

2 tsp. salt

2 cups Tomatoes + 2 cans tomato sauce **OR**

1 regular sized spaghetti sauce + 2 small cans tomato paste

1 package lasagna noodles

---

2 - 12 oz. cartons small cur cottage cheese

2 beaten eggs

2 tsp. salt

1 tsp. pepper

2 tbsp. parsley flakes

½ cup Parmesan cheese

1 pound to 1 ½ pounds Mozzarella OR Monterrey Jack cheese

Brown meat slowly. Add next 5 ingredients to meat while browning: onion, garlic, 1 tbsp. parsley, basil, salt, and season to taste. Drain any fat from the meat after browning. Then add tomatoes and tomato sauce. Simmer, uncovered, stirring occasionally until tomatoes are absorbed. Cook noodles until tender;

drain; rinse in cold water.

For lasagna, combine cottage cheese with the next 5 ingredients: eggs,

2 tsp. salt, 1 tsp. pepper, 2 tbsp. parsley, ½ cup parmesan cheese.

Place ½ noodles in 13" x 9" baking dish. Spread ½ of cheese mixture over noodles.

Add ½ of meat mixture and ½ mozzarella cheese, season to taste.

Repeat layers until ingredients used up. Bake at 375 degrees F for 30 minutes.

Serves 6-8



## Basic Meat Loaf

- 1 ½ pounds 80/20 ground meat
- ½ cup dry Italian bread crumbs **OR**
- 3 slices of bread broken into small pieces **OR**
- ¾ cup quick cooking oats
- 1 egg
- 1 cup milk
- 1 small onion chopped, about ¼-1/2 cup
- 1 tbsp. Worcestershire sauce
- 1 tsp. salt
- ½ tsp. dry mustard
- ¼ tsp. pepper
- ¼ tsp. sage
- 1/8 tsp. garlic powder
- ½ cup catsup, or chili sauce, or bar-b-q sauce

Mix all ingredients together. Spray with Pam an 8" x 10" or so. Place meat mixture in pan and mold to the shape of it. Optional: spread a thin layer of catsup, chili, or bar-b-q sauce on top of loaf. Bake in 350 degree F oven for about 45 mins. - until brown.

Serves about 4-6

## Pork Fingers

1 pack of Country Style Pork fingers

¼ cup Masterpiece Honey Teriyaki Marinade

¼ cup melted butter

Heat oven to 350 degrees

Mix melted butter and Honey Teriyaki in small bowl. Place pork fingers in a pan just deep enough to hold the juices (but not too deep). Brush mixture over pork fingers on one side. Cook in oven for about 30 mins. Remove from oven, turn pork fingers to other side and brush with mixture. Return to oven and finish cooking until brown on both sides.

## Boneless Pork Chops

1 Pack of Boneless Pork Chops

Marinate in Italian dressing, then refrigerate for minimum of ½ hour

Coat with Flour and Season All

Put either Olive Oil or Coconut Oil in a skillet to cover about ½ of the pork chop

Heat Oil on med.-med. High about 3 mins.

Add pork chops and cook until brown on bottom (check by lifting and looking) lol

Turn pork chops over and cook until brown



## Pork Chop Casserole

4-6 Boneless pork chops or 6-8 Thin cut pork chops

4-6 slices Wright original flavored bacon

2 eggs and a pinch of milk

1 ½ - 2 cups cooked rice (I prefer Jasmine rice)

Soy Sauce to taste

Cook rice or use Success, boil in a bag, rice. While rice is cooking:

Brown bacon in skillet until crisp. Remove.

Brown pork chops. Remove.

While browning chops: use a separate pan to scramble 2 eggs with a pinch of milk.

Heat oven to 350 degrees

Combine cooked eggs, cooked rice, and soy sauce in a casserole dish. Add pork chops on top of rice and eggs. Add a little more soy sauce over the pork chops. Cover and put in oven for 45 mins.

## Mom's Jambalaya

1 link of Hillshire Farms sausage, OR Italian sausage, OR your choice

Shrimp and/or lump crab meat

Optional: Left-over meat such as chicken

Meat total should be about 1 cup PLUS the sausage

1 medium onion

2-4 cloves garlic

(you can substitute about 8 oz, ½ of small container, of Guidry's creole seasoning for the onion and garlic)

2 tbsp. cooking oil (I use coconut oil)

Tony Chachere's Creole Seasoning and/or Season All

Garlic powder

Onion powder

1 ½ cups uncooked rice (I like Jasmine rice)

Pour oil into 5 quart pot and add onions and garlic (or Guidry's seasoning).

On med-high heat cook onion down for about 10-15 mins (or longer) until brown. Add sausage and brown. Cook most of the water out of the sausage if it's frozen. Add seasonings of your choice: Tony's, Garlic, Onion, etc. while cooking the water out of the sausage.

Add uncooked rice, stir, then add 2 cups water to each cup of rice: for 1 ½ cups of rice, add 3 cups of water. Add shrimp and crab meat. Cook-UNCOVERED until water is out and rice is done. While cooking rice, when water begins to boil, lower heat and cook on low until rice is done.

Serves: 6-8

## Crawfish or Shrimp or Chicken or Beef Stew

See recipe for "Mom's Roux" using the following vegetables after roux is brown:

1 large onion

2-4 cloves garlic

1/4 cup bell pepper (green)

1/4 cup celery

1/8 cup parsley

1 - 2 pounds of desired meat or seafood

{For Beef, brown on all sides first in a separate pan while making roux}

3-4 small-medium potatoes, rinsed and cut into 4 pieces each

When vegetables are melted down, nearly transparent in the roux, add potatoes if desired. Cook down about 10 mins. Add meat or seafood and cook about 20 mins until well blended. Seafood will turn pinkish when done. Chicken and beef will be tender and easily separated with a fork when done--and NOT pink.



# Fiesta Enchilada Pasta Casserole and Healthy Homemade Enchilada Sauce

## Prep time

20 mins

## Cook time

40 mins

## Total time

1 hour

Author: Jenn Laughlin

Recipe type: entree, casserole

Cuisine: mexican

Serves: 6 servings

## Ingredients

- 3-4 cups enchilada sauce [use the recipe below!]
- 1 lb ground sirloin [or equivalent; I use local/pasture-raised/grass-fed]
- ¼-1/2 cup of diced peppers [bell pepper and/or jalapeno]
- ¼-1/2 an onion, diced
- ¼ cup of your favorite salsa or taco sauce
- 3 tsp chili powder
- 3 tsp garlic powder
- 1-2 tsp dried cilantro or parsley
- 1 tsp cumin
- ¼ tsp salt
- one 12oz package of egg noodles [or your favorite pasta!]
- 2 cups of your favorite grated/shredded cheese
- extra cilantro and/or chopped green onion for topping
- 
- *healthy homemade enchilada sauce:*
- 2 [15 oz] cans of tomato sauce [I use this a BPA-free, organic sauce]
- 1 [16 oz] can of vegetarian refried beans
- 1 cup of chopped onion
- 2-3 TBSP of your favorite hot sauce
- 1 + ½ TBSP chili powder
- 1 + ½ TBSP garlic powder
- ½ tsp cumin
- ¼ tsp salt
- 
- *paul's pico de gallo:*
- ½ cup diced onion
- ½ cup diced tomato
- ⅛-1/4 cup diced jalapeno
- fresh cilantro and hot sauce, to taste
- a squirt of lime juice, if you have it!
- a pinch of salt to season

## Instructions

1. Pre-heat oven to 350 degrees F.
2. First start on your sauce: you can blend the ingredients beforehand with a blender or food processor or wait until your components have had time to soften and simmer to blend, process, or immersion-blend. Entirely up to you!
3. In a medium pot, combine all the ingredients listed above for the sauce recipe and simmer on medium-low, with the lid partially on, stirring occasionally to prevent sticking. After the sauce is hot and the flavors have had time to mingle, taste test with a tortilla chip [or a spoon!] and adjust the seasonings and hot sauce to taste. I always add a little extra garlic powder, cumin, and chili powder and sometimes even a little extra hot sauce for a kick! Some of you may be a bit skeptical about the beans in the enchilada sauce, eh? While they're not a typical component you'd find in this sassy red sauce, it adds a richness that I simply adore. It also adds fiber and protein too! No one will know it's there - do it! =)
4. While the sauce simmers away, get to work on sauteing or caramelizing your veggies and browning/cooking your meat. I used grass-fed ground sirloin, onion, and jalapenos [seeds and center removed to nix the extra heat]. Season with your sauce of choice [taco sauce or salsa work great!] and add in the chili powder, garlic powder, parsley/cilantro, cumin and salt.



12/21/2015

# Fiesta Enchilada Pasta Casserole and Healthy Homemade Enchilada Sauce

5. At the same time you can start your egg noodles too. They boil fairly quickly and should only take 7-11 minutes to reach perfect tenderness.
6. Combine the sauce, meat, veggies and noodles in a large casserole dish [or two smaller ones!] and cover with cheese.
7. Bake on the center rack at 350 F for about 15-20 minutes or until hot and bubbly.
8. Top with fresh cilantro and all your favorite toppings [pico!!!] and dig in!

Recipe by Peas And Crayons at <http://peasandcrayons.com/2013/08/fiesta-enchilada-casserole-healthy-homemade-enchilada-sauce.htm>

## Rabbit Sauce Piquant

1 large rabbit	1 bell pepper, chopped fine
2 green onions, chopped fine	2 onions chopped, fine
1 head of garlic	parsley to taste
1 can whole tomatoes	2 tbsp. flour
4 tbsp. oil	1 tsp. Cayenne pepper <b>OR</b>
2 cups hot water	1 hot pepper

Cut rabbit into serving pieces. Salt and pepper the rabbit, then stuff the rabbit with 4 cloves of garlic. Save 4 cloves of garlic to put into the gravy. Put oil and flour into pot and brown. When brown, add onions and cook until lightly brown, about 15 minutes, stirring often. Add tomatoes, green onions, remaining garlic, bell pepper, and parsley. Cook for about 1 hour. Add rabbit and hot pepper and sauté for about 10 mins, stirring often. Add hot water and cook over medium heat for about 2 ½ hours. Stir occasionally. Serve with hot rice. Serves 6

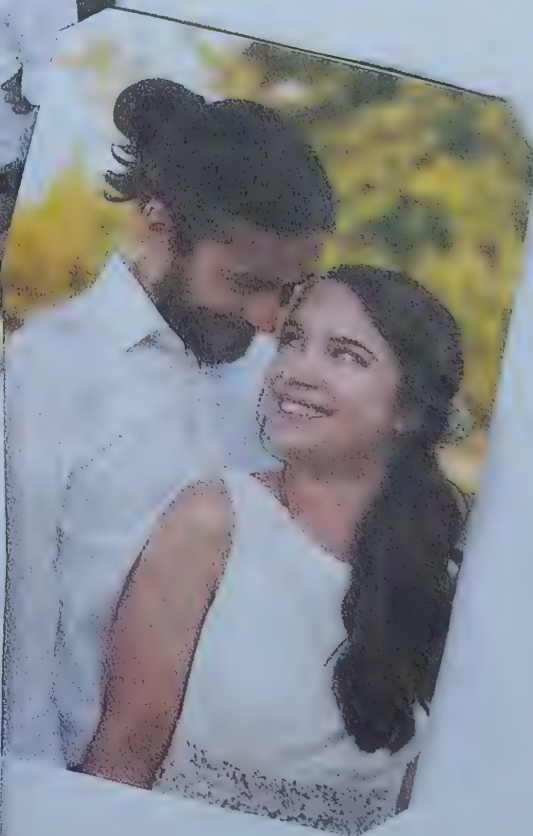


## Deer Meat

### Backstrap

If frozen, thaw completely. Cover with milk and soak for at least an hour or longer, to lessen the wild taste. Mix flour and seasoning in plastic bag. Add deer meat and shake until well coated. Cook over medium fire until flour turns brown-about 3-4 mins. on each side. Grease should be enough to cover about  $\frac{1}{2}$  of the meat while cooking.

# Desserts



# Gateau al la Bouie

(pronounced Got-toe ah la Boo-Yee)

## Gateau (Cake)

1 Box white or yellow cake mix

Mix cake as per directions on box. Pour into greased 13 x 9 cake pan. Pre-heat oven to 350. **Set aside -- DO NOT BAKE YET!!**

## Bouie (Pudding)

2 12 oz. Cans Evaporated Milk

2 (12oz.) Cans Water

2 tsp. Vanilla

8 Tbsp. Corn Starch

1 Cup Sugar

2 Eggs

1 Cup Butter

---

Bring milk and water to a boil in saucepan. In small bowl, blend sugar and corn starch. Add eggs and mix well. As soon as milk boils, stir several large spoons of hot milk into egg/sugar mixture. Pour egg/sugar mixture to saucepan of milk, stir. Add vanilla and butter to the pudding, stir. Cook on low heat, stirring frequently, until mixture begins to thicken. Immediately pour pudding on top of unbaked cake. Bake at 350 for 45 minutes. Gateau ah la bouie may be served hot, warm, or cold. (Also good if iced with chocolate after cooling)



## Maw-Maw June's Blueberry Dump Cake

- 1 pkg. Duncan Hines Moist Deluxe yellow cake mix
- 1 20 oz. can crushed pineapple in heavy syrup (Do Not Drain liquid)
- 2 cups chopped pecans
- 1 block of butter (1/2 cup)
- 1 qt. - 1 lb. fresh or frozen blueberries
- ¾ cup sugar
- 1 tbsp. lemon juice (real lemon is fine)
- 3 tbsp. corn starch

Preheat oven to 350 degrees F

Spray a 9x13x2 pan (Baker's Joy spray)

If blueberries are frozen, be sure to thaw. Divide berries in half and mash half while saving the other half unmashed. Add sugar and cornstarch to the mashed berries. Mix well. Cook 5-6 minutes over medium heat until thick and clear. Then, add lemon juice and the rest of the berries. Mix and cool while chopping pecans. This is your pie filling. Place chopped pecans in a large bowl. Put dry cake mix over them and mix together. Melt butter and pour into cake mix. Mix thoroughly until all cake mix and pecans are moistened with butter. Dump undrained pineapple into greased (or sprayed with Pam) pan and spread evenly. Dump in blueberry pie filling and spread into even layer. Using your hands, sprinkle cake mix mixture over blueberries, working out any large lumps as you go. Be sure to spread evenly.

Bake at 350 degrees F for one hour.

## Maw-Maw June's Pumpkin Pie

1 ½ cups pumpkin, frozen or canned	1 tbsp. lemon juice
2 tbsp. melted butter	2 eggs
1 tsp. cinnamon	2 tbsp. flour
½ tsp. ginger	½ cup brown sugar
¼ tsp. allspice	½ cup white sugar
¼ tsp. cloves	1 cup canned milk (Pet or
¼ tsp. nutmeg	Carnation)
Pinch of salt	2 (9") pie shells

Add melted butter to pumpkin. Then beat in spices and lemon juice. Beat eggs, add flour, mix well and add brown and white sugar, milk and salt. Add to above mixture. Pour into unbaked pie shell. Cover edges of pie crust with strips of foil to prevent overbrowning. Bake for 15 minutes at 450 degrees F, then 30 minutes longer at 375 degrees F. This will fill in two 9 in. pie shells.

## Maw-Maw Mabel's Sweet Potato Crunch

Preheat oven to 350 degrees

40 oz. can Bruce's Yams (Sweet potatoes)

1 cup brown sugar (light brown sugar)

2 eggs

1 tspn. Vanilla (optional)

¼ cup melted butter

½ cup milk

Butter or spray with pam a casserole dish. Mix above ingredients and pour into dish.

Topping:

½ cup packed light brown sugar

1/3 cup flour

¼ cup melted butter

1 cup chopped pecans

1 small bag of miniature marshmallows (Optional)

Mix together well. Sprinkle on top of casserole. Bake for 30 minutes at 350 degrees.

If marshmallows are desired, the LAST 5 Minutes of cooking, place them over the casserole in one layer.

Bake for about 5 minutes until the marshmallows begin to brown lightly.



## Quick and Easy Pumpkin Cupcakes

{Ryan}

1 box Spice cake mix

1 can Libby's Pumpkin

3 large eggs

1/3 cup vegetable oil

1/3 cup water

1 container (16 oz.) Cream Cheese Frosting

Blend cake mix, pumpkin, eggs, oil, and water in a large bowl until moistened. Beat on medium speed for 2 minutes.

Pour batter into muffin cups. Bake in 350 degree F oven for 16- 21 min. or until done.

Variation: use mini cupcake pans and papers to make over 5 dozen muffins

From: Christine Daigneault

## Maw-Maw June's Sweet Potato Pie

Makes 2 deep dish pies

2 Deep Dish pie crusts-frozen	2 tbsp. melted butter
2 cups cooked & mashed Sweet Potatoes	1/2 tsp. Cinnamon
½ tsp. ginger	¼ tsp. allspice
¼ tsp. cloves	¼ tsp. nutmeg
½ tbsp. lemon juice	1 tsp. vanilla
1 extra large egg	2 tbsp. flour
½ cup white sugar	1 small can pet milk
½ cup brown sugar	

Add melted butter to potatoes. Beat in allspice, vanilla, and lemon juice. Beat egg, add flour, mix well and add brown and white sugar and milk. Add this to above mixture. Bake in unbaked pie shell 15 minutes at 400 degrees F, then 30 minutes longer at 375 degrees F.

## Maw-Maw Ella's Squash Cake

4 cups cooked squash (about 3 medium fresh squash): Mash and drain well, then measure the 4 cups

1 ½ cup white or yellow cake mix

½ cup sugar

4 egg yolks-save whites

2 tbsp. vanilla

Either 2 small or 1 large box INSTANT vanilla pudding

¼ tsp. cream of tartar to use with egg whites

Beat squash until smooth after measured; add egg yolks, cake mix, sugar, vanilla. Beat until smooth.

Bake in a 13x9 pan at 350 degrees F, until brown--approximately 25 mins.

Let cool awhile.

Mix pudding according to box. Pour pudding over cooled cake.

Beat egg white with ¼ tsp. cream of tartar until foamy. Beat in 1 tbsp. sugar at a time until sweetened to taste--but a maximum of 1/3 cup.

Layer over pudding and bake at 350 degrees F until lightly brown.



## Maw-Maw Ella's Squash Custard

3 medium squash (4 cups cooked)

½ cup condensed milk (OR pet milk and sugar)

2 eggs

1 cup sugar - or less to taste

½ stick (1/4 cup/4 tbsp.) butter

½ cup biscuit mix

1 cup coconut

1 cup crushed pineapple

Mash and clean squash. Mix all ingredients well. Bake at 400 degrees F in a 9x13 pan for about 45 mins. Check center for too juicy at about 30 mins. into cooking time.

## Maw-Maw Ella's Squash Custard

4-6 yellow squash

1 cup yellow cake mix

½ cup sugar

2 egg yolks (yellow part)

1 block melted butter

2 tsp. vanilla

Squash: Peel, remove seeds, and cut into little chunks. Boil until tender, then drain and mash up real good. Add 1 cup yellow cake mix with ½ cup sugar-add sugar bit by bit to your desired taste. Add 2 egg yellows and 1 block melted butter and 2 tsp. vanilla. Mix together and pour into buttered and floured cake pan.

Topping:

2 egg whites, beaten with a pinch of salt (1/8 - ¼ tsp.), and sugar-added 1 teaspoon at a time to make meringue. Mix with an electric mixer until makes a fluffy meringue. Pour over cake mix and bake at 350 degrees until meringue is slightly brown.

## Maw-Maw Mabel's Eggplant Fritters

2 medium eggplants

2 eggs

¼ - ½ cup milk \*\*Add last so it doesn't get mushy

1 cup sugar

1 tsp nutmeg OR 1 tsp vanilla or allspice or cinnamon

2 cups plain flour

2 tsp baking powder

Peel and chop eggplant. Boil in salt water until tender. Drain and mash well.

Add sugar, egg, flour, nutmeg (or vanilla or allspice or cinnamon), baking powder, then add milk last. Take 1 tbsp. mixture and fry in hot, deep cooking oil until slightly brown.



## Blackberry Dumplings

1 box yellow cake mix	2 ½ cups flour
2 eggs	1 gal. Blackberries, cleaned
2 cups water	2 cups sugar
1 heaping tsp. baking powder	½ cup butter

Make dumplings by blending cake mix, eggs, water and baking powder in mixing bowl. Add flour and continue blending by hand. (Dough will be stiff.) In a large pot, place berries, enough water to cover berries, sugar and butter. Bring to A boil; lower heat and simmer 20 to 25 minutes. When berries are cooked down, mash and strain if desired. Drop dough by tablespoon into berries leaving two inches of space as they triple in size. Cover and cook over low heat for 5 minutes. Uncover and flip dumpling over and cook 5 more minutes or until dumplings are cooked. To serve, spoon berries over dumplings.

Strawberries and blueberries may also be cooked this way.

Dough needs to be very thick to make dumplings.

{Enola Domangue}

## Maw-Maw June's Fruit Cobbler

2 cups fruit and juice of your choice

$\frac{3}{4}$  stick (6 tbsp.) butter

Mix the following together:

$\frac{3}{4}$  cup plain flour

1 cup sugar

2 tsp. baking powder

$\frac{1}{4}$  tsp. salt

$\frac{3}{4}$  cup milk

Heat oven to 350 degrees F. In the bowl you will cook the cobbler in, brown the butter. Pour mix in center of browned butter---DO NOT STIR. Pour fruit into center of mixture---DO NOT STIR.

Bake at 350 degrees for about 45 minutes or until golden brown.

Variation:  $\frac{1}{4}$  cup margarine, melted in pan

1 cup flour, 1 cup sugar, 1 cup milk-stirred, then poured into pan.

3 pts. Of fresh fruit (2 large cans sliced, sweetened, peaches)-pour on top

Bake 350 degrees F until crust is brown

Fruit has to be sweetened and have liquid

## Vanilla Wafer & Banana Pudding

1 cup all-purpose flour

2 cups sugar

4 egg yolks, beaten

1 large bag vanilla wafers

$\frac{1}{4}$  tsp. salt

8  $\frac{1}{4}$  cups milk

2 tsp. vanilla extract

6 bananas

Scald 7 cups milk in a double boiler or heavy pot over low heat. Mix sugar, salt, and flour and blend well with 1 cup cold milk. Slowly add this mixture to the hot milk. Simmer 10 mins, stirring constantly. Mix together the egg yolks and  $\frac{1}{4}$  cup milk. When milk mixture starts to thicken, drop egg yolk mixture into the hot mixture and cook over medium heat until very thick. Remove from heat and add vanilla extract. Place vanilla wafers on bottom and around sides of a 9 x 13 pan. Pour in a layer of pudding then a layer of sliced bananas, and a layer of vanilla wafers. Repeat procedure until all ingredients are used, finishing with wafers on top.



## Mom's Cocoa Fudge

2/3 cup Hershey's Cocoa

3 cups sugar

1/8 tsp. salt

1 ½ cups milk

{1/4 cup butter, softened = 4 TBSP}

[1 tsp vanilla]

[1 cup pecans-broken into pieces]

\*Spray a 9 X 13 pan with Pam spray and set aside

Mix cocoa, sugar, salt, and milk together. Place in a 5 qt. pot. Heat on medium-high heat, stirring occasionally, to keep from scorching. Once it begins to bubbly boil, turn heat down to ALMOST low heat (low side of medium). Insert candy thermometer-being careful not to allow it to touch the bottom of the pot. This will cook for approximately 40-45 minutes. Cook until candy thermometer reaches soft boil. [You can also test this with a drop of chocolate mixture dripped into a cup of room temperature water. If it forms a soft ball, then candy is ready to be removed from heat.] When ready, remove from heat. Stir in melted or softened butter and the vanilla. Mix together. Stir in pecan pieces. Stir until mixture gets thick and loses some of its gloss (shine). Mixture gets harder, or heavier to stir. This stirring will take approximately 10-20 mins. Without pecans or 10 -15 mins. With pecans.

Once fudge starts "turning" on the side of the pot, pour quickly into pan. It's best to smooth fudge in pan without utensils. Tilt the pan to move the fudge to each end of pan to smooth or even it out.

Let stand (cool) for about 10 mins. Then cut into pieces while still warm, but don't remove from pan until cool. Enjoy!!!!

## Maw-Maw Mabel's Pralines

5 qt. thick pot (Magnolite works well)

1 cup white sugar

2 cups brown sugar (Mabel uses dark brown sugar, Ruth uses light brown sugar)

½ cup Pet or Carnation canned milk

½ cup water—{Use All of 1 small can of milk, then the rest fill with water to total 1 cup of liquid}

½ cup (1 stick) butter, softened

2 Tbsp. KARO syrup—NOT heaping tablespoons

1 pound of pecan pieces = 3 cups pecans

Mix ALL ingredients, cook on medium heat. When begins to bubble, lower heat. Cook until reaches soft ball on candy thermometer – approximately 30 mins. Remove from heat and beat until thick or getting difficult to beat, about 10-15 mins. Spoon onto wax paper or foil to cool.

## Maw-Maw Ella's Quick Praline Candy

One 3 oz. pack regular (not instant) vanilla pudding mix

1 cup white sugar

½ cups dark brown sugar **OR**

Substitute 1 ½-2 cups raw sugar

½ cup evaporated milk

1 tbsp. butter

1 ½ cups pecans

Combine ingredients in a 2 qt. pot. Cook until sugar dissolves and mixture boils, stirring constantly. Continue cooking until mixture forms a soft ball in water. Remove from heat, beat until thick, but no longer. Drop on wax paper by spoonfuls.

## Maw-Maw Ella's Pecan Fudge

2 cups sugar

4 tbsp. cocoa

1 cup milk

4 tbsp. butter

2 cups chopped pecans

2 tsp. Vanilla extract

candy thermometer

Mix sugar and cocoa, then add milk, butter, and pecans. Cook over medium heat, stirring occasionally-until it forms a soft ball in cold water. Remove from heat, add vanilla and place pot in cold water until mixture goes down to 110 degrees F- while stirring until it loses its gloss. Spread on buttered platter.



## Dad's Favorite 3 Day Baskin Robbins Ice Cream Cake

Day 1: Bake cake and Freeze overnight {It's better to use non-pudding cake mix}

Day 2: Shape Ice Cream over cake and cover sides of cake with Ice cream. Freeze

Leave some Ice Cream for later

>>>>> Later: Left over Ice Cream-soften enough to spread over cake as frosting

Day 3: Decorate with flowers or tube frosting designs.

>>>>> Freeze until serving time

## Mom's Peanut Butter Squares

(School cafeteria style)

3 cups of creamy peanut butter (Peter Pan)

1 cup honey

2 cups dry milk

Powdered sugar (optional)

Mix peanut butter, honey, and dry milk in a large bowl until it's thick enough to mold with your hands. Take about a one-inch thick pan and sprinkle some powdered sugar onto the pan. Make sure to save some of the pan and mold it so that it completely covers the pan. Sprinkle some powdered sugar on top of the peanut butter until satisfied. Place the pan in the refrigerator and refrigerate until the peanut butter is cool and firm. Remove from refrigerator and enjoy. Place any leftovers in the refrigerator for later.

## Millionaire Pie

2 Graham Cracker Crusts

1 large Cool Whip

1 can condensed milk

1 large can crushed pineapple (drained)

Juice of 1 lemon

Mix until fluffy. Fold in 1 cup chopped pecan. Fold in 1 cup of chopped pecans. Pour into pie shell. Chill in refrigerator for several hours.



## How to Make Oreo Balls

1 package of Double Stuffed Oreos

8 oz. stick or package of Cream Cheese

White Chocolate, melted

Grind entire package of Oreos real fine. Add cream cheese. Mix well by hand and roll into balls. Freeze 15-20 minutes. Dip into melted white chocolate.

*Recipe by: The Foodie*

## Mexican Wedding Cakes

1 cup butter

2 cups flour

4 tbsp. sugar

1 cup pecans

1 tsp. vanilla

Preheat oven to 350 degrees F

Cream butter then add flour and mix. Add sugar and nuts and mix. Then add vanilla and mix well. Shape into balls and bake for 18 - 20 minutes at 350 degrees.

Roll in powdered sugar while warm. Roll again when cool.

## Red Velvet Cake

### Cake:

2 Tbsp. Red Food Coloring      2 tsp. Cocoa--heaping  
½ cup shortening or butter      ½ cups sugar  
2 eggs      2 ½ cups flour  
1 cup buttermilk (can substitute 2 tbsp. vinegar to 1 cup milk)  
1 tsp. salt      1 tsp. vanilla  
1 tsp. baking soda      1 tsp. vinegar

Make a paste of red food coloring and cocoa. Cream shortening and sugar thoroughly. Add eggs and mix well, then add the paste. Add buttermilk alternately with the flour and salt. Beat well after each addition and then add vanilla. Put baking soda into the vinegar and fold into the batter. Pour batter into 2 greased 9 inch cake pans and bake in a 350 degree F oven for 25 to 30 mins. Cool and split each layer in half, making 4 layers. Frost layers with icing.

### ICING:

3 tbsp. flour      1 cup milk      1 cup sugar  
1 cup butter      1 tsp. vanilla

Cook flour and milk until thick. Cool-Be sure it's cool. Cream together butter and sugar. Add vanilla. Beat the two mixtures together until the consistency is that of whipped cream. Can add red food coloring in icing. Coconut is an option to sprinkle over icing.

[Mrs. St. Clair Bergeron, Jr.]



Derek's  
People Puppy Chow

16 ounces chocolate chips

1 cup peanut butter

16 ounces Crispix cereal (or any other crisp, puffed cereal)

1 pound powdered sugar

Melt chocolate chips. Add peanut butter and stir until melted. Stir into cereal until well coated. Pour into a bag with sugar (paper bag is best to use, but plastic bag will also do). Fold down top of bag and shake until coated. Pour onto large platter to dry. Share some with a friend and enjoy with a glass of ice cold milk!

Kevin's  
Peanut Butter Cookies

1 cup peanut butter (creamy)

1 cup sugar

1 egg

1 tsp. vanilla

Preheat oven to 350 degrees F

Mix above ingredients and roll into balls. Press with a fork and place on ungreased pan. Bake in 350 degrees F oven and cook for 7-10 minutes.



## Mud Cups

(Ryan)

1 pkg. instant chocolate pudding

3 cups cold milk

6 whole graham crackers

6 gummy worms

Crush graham crackers in zip lock bag. Put pudding and milk in a jar. Shake jar for 2 minutes; pour into 6 cups. Put graham cracker crumbs on top. Put gummy worms in pudding and let them "stick out".



## Dirt Cups

(Kenny)

2 cups cold milk

1 package (4 serving size) instant pudding, chocolate flavor

3 ½ cups (8 oz.) whipped topping, thawed

1 package (16 oz.) chocolate sandwich cookies, crushed, divided

8 to 10 paper or plastic cups (8 oz.)

Pour 2 cups of cold milk into bowl. Add pudding mix, beat with a wire whisk until well blended, about 2 minutes. Let pudding stand 5 minutes. Stir whipped topping and ½ crushed cookies into pudding VERY GENTLE with RUBBER SCRAPER until mixture is all the same color. Place about 1 tbsp. of the remaining crushed cookies into the bottom of each paper or plastic cup. Fill cups about ¾ full with pudding mixture. Top each cup with the rest of the crushed cookies. Put cups into refrigerator to u chill until set, about 1 hour. Add decorations, if you wish. Makes 8 to 10 dirt cups. Can also put Gummy Worms in the cups.



## Wendy's Frosty

Makes two 9 oz. Frosties

### Ingredients

$\frac{1}{3}$  cup Milk

2 tbs. Nesquik Powder

2 cups Vanilla Ice Cream

### Instructions

Add everything to a blender and mix until smooth.